

Walk to Health 2015 Sponsors

Week 9 - Shoes Can Make a Difference

According to about.com the most important piece of equipment for walking are shoes that fit. You first need to know what type of foot you have. An easy way is to place your wet footprint on a piece of paper and then examine it.

Flat Feet: You will not see any arch. Your footprint will not have an inward curve from your big toes to your heel. This means your feet roll inward when you walk. What shoe to buy: a running shoe that maintains your stability (motion control or stability in their description).

High – Arched Feet: Your footprint will curve inward, making the middle part of foot look very skinny. Your feet roll outwards as you walk. You need to look for flexible shoes with a soft midsole that absorbs shock.

Neutral or Normal Feet: Your footprint will have a noticeable curve inward, but not by more than 3/4 of an inch. The most common type of feet, you can choose from a wide variety of shoes.

*Make sure you do not have cramped toes or a sloppy fit, as these may cause blisters.



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